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JONATHAN HAYWARD/THE CANADIAN PRESS

Ex-KGB agent leaves country

A former KGB agent, who spent six years inside a Vancouver church to avoid deportation, has voluntarily left Canada.

Mikhail Lennikov's lawyer Hadayt Nazami says his client has concluded negotiations with Canadian border services and is no longer in the country.

Lennikov was ordered deported in 2009 but sought religious sanctuary in a B.C. Lutheran church, where he lived until recently.

Canadian immigration officials declared Lennikov a threat to national security because of his history working as a KGB translator in the 1980s.

Lennikov openly confessed his role with the infamous Soviet spy agency to the Canadian government in 1999 and said he did the work under pressure.

Nazami says Lennikov's wife and son have become Canadian citizens. THE CANADIAN PRESS

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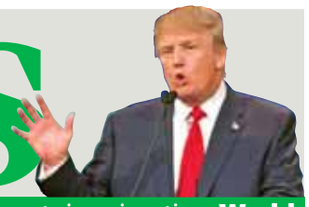

Trump's policy paper targets immigration. **World**

Opponents protest scale of Commercial Drive tower

DEVELOPMENT

Space for Kettle society part of proposed highrise project

Emily Jackson
Metro | Vancouver

Residents opposed to a 12-storey tower on Commercial Drive with condos and a drop-in centre and supportive housing for the Kettle Friendship Society don't think people realize just how big the development might be.

In an effort to demonstrate the scale, a group called the No Tower Coalition raised a five-foot-wide red helium balloon into the sky at a small protest at Woodland Park on Sunday to show people just how high the building could tower over the predominantly lower-rise neighbourhood.

"That's too tall," resident Nigel Peck said to a crowd of about 50 as he raised the balloon with a kite-like contraption he fashioned in his kitchen at 4:30 a.m. "This is going to dwarf the entire community."

He believes the city, Boffo Properties and the Kettle aren't being transparent about the scale of the building that he said could hurt the neighbourhood's unique flavour. When the group displayed a model it made estimating the scale at Car Free Day in June (both the Kettle and Boffo dispute its accuracy), Peck said it convinced 500 people to sign a petition against the project.

About 50 people gathered to express opposition to a 12-storey building at Commercial Drive and Venables at Woodland Park on Sunday. EMILY JACKSON/METRO

Peck acknowledges it's a difficult issue since the Kettle, which has provided services for people with mental illness at its location on Venables for nearly 40 years, says it cannot expand without partnering with the developer.

But opponents like Peck say the Kettle should look for government, not private, funding.

"You don't do public health projects that involve sacrificing a neighbourhood," he said. "It pits the neighbourhood against the neighbourhood."

Around the corner at the Kettle, executive director Nancy Keough and developer Daniel Boffo were ready to defend the project. They called the protesters' model "misinformation," noting there is already a 14-storey building across the street.

"I want to talk to the community and give them the accurate information," Keough said. She knows there will always be opposition to increasing density, but Keough called for respectful dialogue.

"We're not that busy today because people were worried about the protest and didn't want to come," she said.

The Kettle has tried for years to get government funding, but there is no cash available for the drop-in centre, Keough said.

"It's not like there's millions of dollars out there that someone is handing out. If there is, give me their number and I'll give them a call," she said.

The project will have 30 supportive housing units made possible by the 150 to 200 condos, Boffo said. He pointed out that it isn't precedent setting to take money from developers to pay for supportive housing or services.

"Why not have the private side be able to help out and do its share as well in community good?" Boffo said. "We need to be progressive and think of solutions outside the box."

Boffo would love to put in a rezoning application as soon as possible, but is waiting for the end of the Grandview-Woodland community planning process.

IN BRIEF

Charges laid in fatal collision with cyclists

Charges have been laid against a man in connection with an accident in May near Pemberton that killed two cyclists and the passenger of a vehicle.

RCMP say Samuel Alec faces a string of charges including impaired driving causing death, criminal negligence causing death and failing to remain at the scene of an accident.

The suspect is due to appear in a North Vancouver court on Monday to face the allegations.

Police said they were contacted by a witness on May 31 about a report of a car slamming into three cyclists along Highway 99.

THE CANADIAN PRESS

Man carrying imitation rifle gives police a fright

The RCMP in Surrey say a man who had what turned out to be an imitation firearm gave police some anxious moments Saturday.

Police say they received a report that a man dressed in camouflage was carrying what appeared to be a long-barrelled firearm.

A number of officers responded and approached the man.

It turned out the man was carrying an air rifle that looked like the Colt carbine that the RCMP carried.

Police say the man was going to an air gun competition.

Police couldn't tell whether the gun was real until they examined it.

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Living wage hailed as win

NEW WESTMINSTER

Council saw policy as 'one little step' in easing poverty

Matt Kieltyka
Metro | Vancouver

Four years into its trailblazing experiment, the City of New Westminster stands by its living wage.

Vancouver has garnered headlines this year for passing a motion to make itself a living-wage employer.

And as more municipalities consider implementing the policy — which strives to pay its employees and those contracted to do city jobs enough to cover food, clothing, shelter and transportation costs — New Westminster director of human relations Joan Burgess says her city has no regrets since becoming in 2011 the first Canadian city to adopt a living wage.

"I haven't seen any negative impact (since council adopted the living wage)," said Burgess, whose city pays each of its employees at least the $20.68 an hour set as the region's living wage.

Metro Vancouver municipal employees and subcontractors earn $20.68 per hour, an amount calculated as enough to cover food, clothing, shelter and transportation. METRO FILE

Burgess said the council of the day saw the living wage as a way of addressing poverty, even if it was just "one little step" in the grand scheme of things.

Most civic employees were already meeting the living wage — which is calculated by comparing salaries and benefits against the region's costs of living — so topping up the remaining municipal workers was fairly easy.

Burgess said contracts have also fallen in line, as they're required to sign living-wage declarations in order to secure contracts.

> **"I haven't seen any negative impact."**
> Joan Burgess, New Westminster director of human relations

In the four years since implementation, Burgess said, the city has received just four complaints of subcontractors not receiving a living wage.

Each situation was swiftly remedied after an audit, she said.

"(Employers) know they must be paying a living wage if they're doing any work on behalf of the city," said Burgess. If they don't, "they know that they're jeopardizing future work with the city."

Any employees who feel they are being denied a living wage are urged to contact the city. Burgess said the city is considering signage at work sites to enhance awareness and self-reporting.

IN BRIEF

Construction worker killed in crane collapse

The collapse of a construction crane in Metchosin killed a worker and injured the crane's operator.

The person killed, a 42-year-old man from nearby Langford, has not been identified.

The operator of the crane has significant injuries.

Police, WorksafeBC and the BC Coroners Service are all investigating the accident.

THE CANADIAN PRESS

Man stabbed in Surrey

A 25-year-old man was in critical condition after a stabbing in Surrey on Friday afternoon.

RCMP Cpl. Scotty Schumann says the man was found in Hawthorne Park in the city's north end.

Officers think he walked to the park after being assaulted at another location.

There are currently no suspects, and Mounties are looking for witnesses.

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MOUNT SEYMOUR

Rescuers find missing hiker

North Shore Rescue says a search on Mount Seymour this weekend ended with everyone going home safe, in part because of the missing hiker's actions.

The team was dispatched to the mountain late Friday night after receiving a police report of an overdue 73-year-old man, who had planned to follow trails to the top of the mountain that day but became disoriented and lost.

Crucially, search officials say, the man did two things to help himself.

First of all, he managed to send a text message to his son to let him know he was lost.

Secondly, he told his son he planned to "hunker down for the night."

"I cannot emphasize enough how important it is to keep put after you become lost," wrote North Shore Rescue's Curtis Jones on the organization's website. "In this case, it may have saved the hiker's life and made our jobs much easier."

But not everything aided the search crew's efforts.

Rain and thick fog hampered searchers navigating the series of hiking trails in the area.

Visibility was so poor, searchers had to walk directly in front of their off-road jeep to make sure it stayed on course.

The search continued into the morning, until a field team located the hiker near Percy Lake.

Despite a stressful night, he was in good condition and was able to hike out to safety with his rescuers. MATT KIELTYKA/METRO

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Wildfire destroys 30 homes

ROCK CREEK

Hundreds forced to evacuate community

Residents in southeastern British Columbia are regrouping from an immense and fast-spreading wildfire that has so far wiped out 30 homes and forced hundreds to flee with little more than the clothes on their backs.

Kerstin Klenheimer and her husband deserted their house when the 37-square-kilometre Rock Creek fire broke out Thursday evening. On Sunday she stood next to a charred piece of property on the side of a highway and stared into the distance at the fire burning near her house.

"It was like a tornado coming — a fire tornado coming up the valley," she said, recalling the moments before their hasty departure. "There was no time. You just have to run."

As of Sunday, Klenheimer still had no idea whether her home was still standing.

"(My) worst fear is that everything is gone," she said. "We built the home 10 years ago — 10 years of effort just going up in smoke is very devastating."

Premier Christy Clark visited a community centre packed with evacuees in nearby Midway on Sunday. She told reporters she wants to see harsher penalties for people who start forest fires.

"If you are found to have been throwing a cigarette butt out of your car, perhaps one of the penalties available should be that we should be able to take away the use of your car for a period of time."

The blaze in Rock Creek began by a highway junction and is believed to be human-caused. The premier predicted the cost of fighting fires this season could balloon to as much as $400 million.

The province budgets for fires on a five-year average, working out to about $60 million a year.

"Whatever we need to spend, we spend it to make sure we look after the people of this province," she said.

The aggressive blaze forced campers at the Kettle River Provincial Park to rush out on foot last week, leaving nearly everything behind, including vehicles and trailers.

Campers were escorted back in small groups on Sunday to pick up their belongings. The winding highway leading into the park was flanked by heaps of destroyed homes and scorched earth.

The biggest challenge to fighting the several aggressive blazes that have flared up across the region has been the strong and gusty winds, said Kevin Skrepnek of the B.C. Wildfire Service.

The wildfire service hadn't called for any significant wind on Sunday, said Alan Stanley of the Kootenay Boundary Regional District. But that situation could change quickly, he warned.

"You can't guarantee anything with a wildfire," he said. "It is bold, all-caps 'unpredictable' with several exclamation marks."

Some 220 fires continue to burn across B.C., out of a total of more than 1,600 that have sparked since April 1. More than 900 people remain under evacuation order across the province, including 240 in the Rock Creek area.

Another two wildfires in the heart of B.C.'s wine country, near Oliver in the Okanagan Valley, continued to smoulder on Sunday, with scores of residents still forced from their homes.

Though residents affected by the three-square-kilometre Wilson Mountain fire were allowed home Saturday, about 110 people living near the 15-square-kilometre Testalinden Creek fire remained under evacuation order.

The B.C. Wildfire Service reported that a stray drone had grounded fire aircraft at the Testalinden fire. This is at least the second instance so far this year where a drone has interfered with firefighting efforts.

Dale Winn was on her way home from a fishing trip when her 19-year-old son Dylan called her from their house in Zamora on Thursday night.

He told her there was a wildfire ripping toward them and texted her photos of the flames. As soon as she saw the images, she told him to grab his 13-year-old brother and get out immediately. She still hasn't come home. After meeting her sons at an evacuation centre in Kelowna, Winn's house was engulfed in the Rock Creek blaze. Days later, she's still reeling from the news.

"I'm in shock," she said by phone from a family member's home in Penticton on Sunday. "It is what it is. It's an amazing community, so we're not going to move."

Winn said she doesn't have insurance and doesn't know yet what her family will do next. But she remained optimistic that she would rebuild, and expressed her deep gratitude to the community.

"We're not the only ones. There are so many people who lost their homes," she said. "I'm so grateful my kids are OK. They're just things, right? They can be replaced."

THE CANADIAN PRESS

The burnt-out remains of a sign for the Kettle River Provincial Park is pictured Sunday, three days after a devastating blaze tore through the area "like a tornado". JONATHAN HAYWARD/THE CANADIAN PRESS

> **My worst fear is that everything is gone.**
> Kerstin Klenheimer, resident

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CRIME

Federal Court won't hear Buddhist's case

Federal Court has dismissed a Buddhist man's complaint that his right to spiritual guidance is being infringed in prison.

Kien Tan, who is serving a life sentence for murder, had made an application for judicial review of a Canadian Human Rights Commission decision.

Tan was convicted of second-degree murder in February 2011 and incarcerated at Kent Institution in Agassiz, B.C.

In December 2012, he complained that Correctional Service Canada was discriminating against him on the basis of religion after the federal government cut contracts with minority-faith chaplains.

Part-time contracts with 49 prison chaplains representing various religions were not renewed two months earlier, leaving mostly Christian chaplains to provide religious services for all inmates.

Positions for Buddhists, Muslims, Jews, Sikhs, Wiccans and other minority faiths were scrapped. The annual savings were estimated at $1.3 million.

The human-rights commission refused to hear Tan's case, saying in August 2013 that it didn't have jurisdiction in the matter.

Tan was extradited in 2008 from Belgium, where he fled after his involvement in a murder in 2004. At the time, he was in Canada on a temporary visa.

The commission said Tan, who is a Malaysian citizen, is not considered "lawfully present" in Canada because he's not a citizen, visitor or permanent resident and doesn't have a minister's permit.

THE CANADIAN PRESS

FOOD

B.C. shellfish prompts public health warning

SEVERITY

The public health notice said one person was hospitalized.

The number of illnesses connected to eating raw shellfish from B.C. has climbed to 67 cases in this province and in Alberta.

The Public Health Agency of Canada said 48 cases have been recorded in B.C., and 19 people have become ill in the neighbouring province since June 1.

The agency issued a public health notice Friday, saying it is collaborating with provincial and federal health officials, the Canadian Food Inspection Agency and the Department of Fisheries and Oceans to investigate the outbreak. The bacteria that's been linked to raw oysters from B.C. can be present during periods of increased water temperatures.

Alberta Health Services issued a warning Friday encouraging Albertans to cook their shellfish to reduce the risk of getting sick.

The Vancouver Coastal Health authority issued an order earlier this week that restaurants must cook all oysters harvested in the province before serving them.

Elderly people, infants, pregnant women and those with underlying health conditions are most at risk for the illness, with symptoms including diarrhea, nausea, vomiting, fever and headaches.

To reduce that risk, Alberta Health Services advises that people eat only properly cooked shellfish, that they discard any shellfish that doesn't open when cooked and avoid eating seafood when taking antacids.

THE CANADIAN PRESS

A rise in accidents has some calling for Transport Canada to sanction unlawful recreational UAV users. SAM SMITH/METRO FILE

Experts question drone regulations

TECHNOLOGY

Disagreements focused on whether rules are too lax

Experts say Canada's permissive approach to regulating commercial drones has made it a world leader in the burgeoning field, while others warn that inadequate enforcement of the soaring number of amateur flyers is putting the public at risk.

People have been increasingly taking to the skies now that recreational drones are more affordable than ever.

That upswing in popularity, the lack of public-awareness campaigns and skimpy enforcement efforts have put the unmanned aircraft on a collision course with their manned counterparts.

A rise in incidents involving recreational drones interfering with planes and helicopters has some calling for Transport Canada to sanction unlawful recreational drone users.

"Public awareness and enforcement is lacking," said Ernie Zeisman, president of a drone training outfit in the Interior. "They need to begin clamping down."

Currently, a recreational pilot operating a drone weighing under 35 kilograms doesn't require either a licence or a special permit to fly but must follow a list of Transport Canada safety guidelines. These include stipulations such as staying nine kilometres from an airport, flying under 90 metres and always keeping the drone within sight.

> **Public awareness and enforcement is lacking.**
> Ernie Zeisman, president of a drone training outfit

Zeisman said a shortage of resources is mostly to blame for the lack of enforcement. Commercial drones — officially referred to as unmanned air vehicles, or UAVs — are a different matter, he said.

"Commercial operators very much stick to the regulations and want to be responsible," said Zeisman. "They don't want to lose their licence."

Drones used for research or commercial work must have a Special Flight Operating Permit, unless they're able to satisfy stringent exemption requirements, such as operating in extremely remote locations.

New regulations are currently working their way through the system and are in part designed to incorporate recreational drone use into the regulatory fold. They would also loosen permitting requirements for smaller-scale commercial operations, freeing up Transport Canada resources.

THE CANADIAN PRESS

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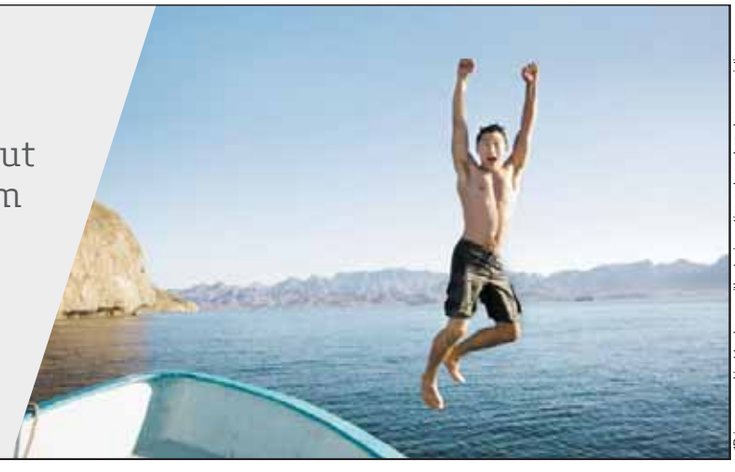

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Runners, and shoppers, left wheezing

More than 10,000 runners hit the streets on Saturday for the fourth annual SeaWheeze, Vancouver's largest half marathon. But the Lululemon event wasn't just about the race. Approximately 7,000 people from outside B.C. — a number that rivals some of the city's biggest conferences — descended on the city for a weekend of festivities that included yoga, concerts and a feverish desire to buy (even more) Lululemon clothing. **EMILY JACKSON/**METRO

Lululemon mania kicked off with thousands of shoppers lining up at the Vancouver Convention Centre for the chance to spend hundreds — or thousands — of dollars on limited edition SeaWheeze clothing.

Some runners who apparently weren't concerned about getting a good sleep before running 21.1 kilometres started waiting as early as Thursday at 8 p.m. even though the store didn't open until Friday at 7 a.m.

The line wrapped around the convention centre for the better part of Friday morning, with frenzied shoppers loading bags with gear. People were selling it on eBay for a tidy profit hours after the shop opened.

"We stood in line for hours last year, so we figured if we're going to stand in line for hours we might as well be at the front of it," said Shelley McCulloch, who travelled with four friends from Victoria for the race and a girls' weekend and got in line around 4:40 a.m.

The women waited almost three hours to get into the store where they spent $3,400 between them. Asked whether it was worth it, their reactions ranged from enthusiastic yeses to "meh."

The festivities continued with a noon yoga class at Jack Poole Plaza. Despite the unseasonably chilly weather, yogis in brightly coloured gear happily downward dogged the day away.

Race day saw 10,016 runners loop through downtown, across the Burrard Bridge and around Stanley Park, entertained by a variety of rowdy cheering stations along the way. (Highlights included an a cappella choir, people dressed as mermaids, drag queens and residents giving out high fives.)

The weekend finished with a festival at Brockton Oval in Stanley Park. A scenic yoga class was followed by concerts by Bear Mountain, Yeasayer and St. Lucia. It should come as no surprise the crowd of runners was pretty low energy, but they were more than happy to sip their Curiosity Lagers — a beer brewed for the event by Stanley Park Brewing.

The lineup to get into the SeaWheeze shop wrapped around the Vancouver Convention Centre on Friday morning.

Hundreds of people practised yoga in Stanley Park on Saturday evening.

Runners do the downward dog pose in Jack Poole Plaza on Friday afternoon.

Runners on the SeaWheeze half marathon course on Saturday morning.

A woman rests while waiting for friends to finish shopping at the SeaWheeze store.

Yeasayer performs at the SeaWheeze Sunset Festival in Stanley Park Saturday.

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Harper rivals keep spotlight on Duffy

ELECTION 2015

Prime Minister denies parallel to sponsorship scandal

Stephen Harper called any comparison between the Mike Duffy affair and the Liberal sponsorship scandal "absurd" as the Conservative leader faced more questions on Sunday from reporters and attacks from his opponents about the senator.

The Duffy issue stayed in the election campaign spotlight after revelations emerged last week during the senator's fraud, breach of trust and bribery trial.

Harper was reminded Sunday by a reporter how he wouldn't accept claims years ago that former Liberal prime minister Jean Chrétien and then-finance minister Paul Martin knew nothing about the sponsorship scandal in the 1990s.

The Tory leader was then asked to explain the difference between that situation and the Duffy affair, which Harper has insisted he knew nothing about.

"Look, in the Liberal sponsorship scandal $40 million of Canadian taxpayers' (money) disappeared," Harper said.

"So, I think the comparison is absurd.

"This case we have a senator whose expenses, in our judgment, were not justifiable and my response was that he should pay those expenses back."

Harper's rivals sought to keep the Duffy issue alive on Sunday as the campaign entered its third week.

Liberal Leader Justin Trudeau sent an open letter to Harper, demanding explanations to alleged contradictions and inconsistencies in his statements, and those of some of his cabinet ministers.

In the letter, Trudeau also called on Harper to fire members of his team who were allegedly involved in a Duffy coverup.

Liberal Leader Justin Trudeau, right, greets NDP Leader Thomas Mulcair during a campaign stop at the annual Pride Parade in Montreal on Sunday.
GRAHAM HUGHES/THE CANADIAN PRESS

> **On October 19, Canadians will get a chance to fire that person responsible for the whole mess — and that is Stephen Harper.**
> New Democrat Leader Thomas Mulcair

"Mr. Harper continues to ignore the calls for answering questions, for explaining why he keeps these people who have been involved in part of a coverup to hide the truth from Canadians — why he continues to keep them around him, indeed, running his campaign," Trudeau told reporters in Montreal, where he attended a Pride event.

Last week, Harper said the "vast majority" of his staff were unaware of a scheme to fake Duffy's personal repayment of Senate expenses. The statement marked a shift from Harper's previous position that only one person was aware.

One of the people informed about the plan by Harper's then-chief of staff, Nigel Wright, to repay Duffy's expenses was Ray Novak, Harper's current chief of staff, close confidant and a senior Conservative Party campaign director.

New Democrat Leader Thomas Mulcair was asked Sunday whether some of Harper's staffers should lose their jobs over the Duffy scheme.

"Well, I think somebody should be fired for the whole Duffy-Wright affair," Mulcair said in Montreal, where he also attended the Pride event.

"On October 19, Canadians will get a chance to fire that person responsible for that whole mess — and that is Stephen Harper." THE CANADIAN PRESS

PM Stephen Harper. SEAN KILPATRICK/THE CANADIAN PRESS

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TIANJIN EXPLOSION

Port blast death toll rises to 112

Authorities pulled more bodies from a massive blast site at China's Tianjin port, pushing the death toll to 112 on Sunday as teams rushed to clear dangerous chemicals and prosecutors prepared an investigation into those responsible for the disaster.

More than 700 people were injured and 95 people — including dozens of firefighters — are missing after a fire and rapid succession of blasts late Wednesday hit a warehouse for hazardous chemicals in a mostly industrial area of Tianjin.

By Sunday, authorities confirmed there were "several hundred" tonnes of the toxic chemical sodium cyanide on the site at the time of the blasts, although they said there have not been any substantial leaks.

Sodium cyanide is a toxic chemical that can form a flammable gas upon contact with water, and several hundred tonnes would be a clear violation of rules cited by state media that the warehouse could store no more than 10 tonnes at a time. THE ASSOCIATED PRESS

Downed plane spotted in Papau

INDONESIA

Local villagers report seeing aircraft crash into mountain

An airliner carrying 54 people went missing Sunday during a short flight in bad weather in Indonesia's mountainous easternmost province of Papua, and rescuers were heading to an area where villagers reported seeing a plane crash into a mountain, officials said.

The Trigana Air Service plane was flying from Papua's provincial capital, Jayapura, to the Papua city of Oksibil when it lost contact with Oksibil's airport, said Transportation Ministry spokesman Julius Barata. There was no indication that the pilot had made a distress call, he said.

The ATR42-300 twin turboprop plane was carrying 49 passengers and five crew members on the scheduled 42-minute journey, Barata said. Five children, including two infants, were among the passengers.

Relatives of passengers on the missing Trigana Air Service flight stand in front of its closed offices at Sentani airport in Jayapura on Sunday, showing concern about the unaccounted-for twin turboprop plane carrying 49 passengers and five crew members.
THE ASSOCIATED PRESS

Local media reports said all the passengers are Indonesians. The airline did not immediately release a passenger manifest.

Oksibil, which is about 280 kilometres south of Jayapura, was experiencing heavy rain, strong winds and fog when the plane lost contact with the airport minutes before it was scheduled to land, said Susanto, the head of Papua's search-and-rescue agency.

Residents of Okbape village in Papua's Bintang district told local police that they saw a plane flying low before crashing into a mountain, said Susanto, who, like many Indonesians goes by one name. He said about 150 rescuers were heading to the remote area, which is known for its dense forest and steep cliffs, and would begin searching for the plane early Monday.

Okbape is about 24 kilometres west of Oksibil.

UPDATE

Rescue officials said late Sunday that a search plane had located the wreckage.

There was no word at press time regarding any survivors. Officials said the wreckage was spotted 12 kilometres from its destination.

At a news conference Sunday night at the transport ministry in Jakarta, officials said they would not have any details on the villagers' report until rescuers reach the area.

Much of Papua is covered with impenetrable jungles and mountains. Some planes that have crashed there in the past have never been found.

Dudi Sudibyo, an aviation analyst, said that Papua is a particularly dangerous place to fly because of its mountainous terrain and rapidly changing weather patterns.

"I can say that a pilot who is capable of flying there will be able to fly an aircraft in any part of the world," he said. THE ASSOCIATED PRESS

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FINANCE

Merkel doubts Greek bailout will succeed

German Chancellor Angela Merkel says there's no certainty the latest bailout for Greece will succeed but she is hopeful the country can overcome its economic crisis if it adheres to the agreements forged with its creditors.

Merkel also told German broadcaster ZDF that Greece can't expect its debt to be cut.

The International Monetary Fund has insisted that Greece must be given some form of debt relief before it will participate in any new bailout, something Germany wants.

German Chancellor Angela Merkel THE ASSOCIATED PRESS

But Merkel said while repayment periods may be extended and interest rates can be tweaked, a so-called debt "haircut" is ruled out.

Dozens of lawmakers in Merkel's conservative bloc plan to oppose the new bailout package for Greece at a special session of Parliament on Wednesday.

This past Friday, finance ministers of the 19-nation euro single currency group approved the first 26 billion euros ($29 billion US) of a vast new bailout package to help rebuild Greece's shattered economy.

The approval came after Greece's parliament passed a slew of painful reforms and spending cuts after a marathon overnight session that divided the governing party, raising the spectre of early elections.

THE ASSOCIATED PRESS

Global demand for lower-alcohol products such as Coors Light is growing. THE ASSOCIATED PRESS

Battle of brewers looming

RETAIL

Canadian beer giants set to fend off push by SABMiller

A beer war is brewing in Canada as SABMiller seeks to grow its presence following its divorce from partner Molson Coors.

Just four months after forming a Canadian subsidiary, the world's second-largest brewer is targeting dominant rivals Molson Coors and Inbev's Labatt. "To say that we're going to overtake the two big boys would be a bit of stretch so I would be happy to settle in at No. 3," said general manager Paul Verdu.

SABMiller Canada hopes Miller Lite — available in Ontario and Newfoundland until 2010 — will steal market share from dominant players Coors Light and Bud Light.

Miller Genuine Draft, previously sold for about 20 years through a partnership with Molson Coors Canada, and premium brands such as Peroni, Pilsner Urquell and Grolsch will also be sold in Canada, though primarily outside Quebec.

Global demand for light beers has been growing. It accounts for about half of total beer sales in the U.S., but less than 30 per cent in Canada.

Beer market specialist Plato Logic estimates light beers account for 20 per cent of total beer volume and have been growing 2.1 per cent annually over the past five years.

Verdu sees opportunities for the "original" light beer — Miller Lite — if only the beermaker can convince Canadian drinkers to give it a try.

The company plans to spend heavily to promote its brands and hopes to get help by not charging Ontario bars and restaurants the hefty premium they face from all other brewers except Brick Brewing's Waterloo brand.

THE CANADIAN PRESS

IN BRIEF

GlaxoSmithKline set to reopen bacteria-hit plant

Drugmaker GlaxoSmithKline plans to resume operations on Monday at a North Carolina plant that closed Aug. 11 after bacteria that cause Legionnaires' disease was found in cooling towers.

THE ASSOCIATED PRESS

China moving to more sustainable growth: IMF

The International Monetary Fund says China is transitioning to slower but more stable growth as part of a plan to wean China from overdependence on exports and toward growth built on consumer spending. THE ASSOCIATED PRESS

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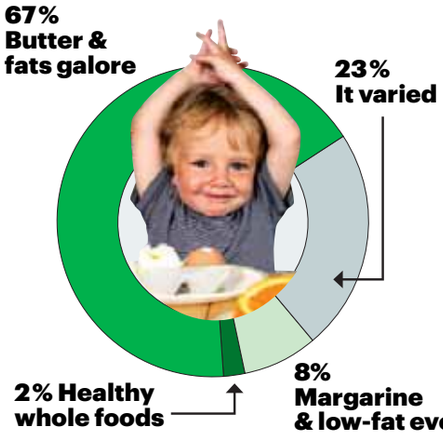
metro VIEWS
Your essential daily news
Monday, August 17, 2015

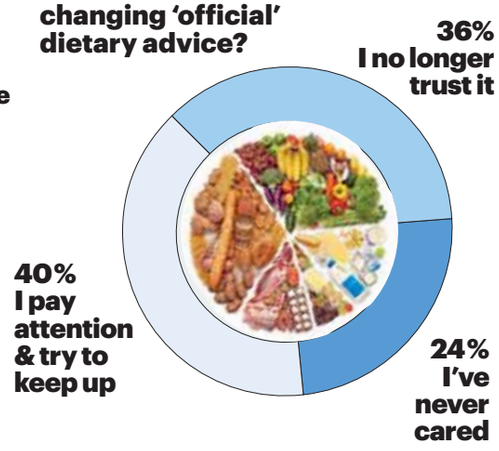
POLL: IS BUTTER BETTER?

It's been the conventional wisdom for half a century: Fat is fatal. But McMaster University researchers analyzed dozens of past studies and found no link between saturated fats — the tasty ones found in meats, butter and eggs — and death from heart disease, diabetes or stroke (trans fats are another story). It's the latest in a litany of studies reaching the same conclusion. We asked our readers if they've rethought the fats they feed their families.

WHAT DID YOU EAT GROWING UP?



How do you feel about the often changing 'official' dietary advice?



Have you changed your approach to fat?

32% I've always eaten saturated fat. Butter forever!
29% I watch my saturated fats more now.
15% I don't think about types of fats.
14% Thanks to research, I've been eating more saturated fat again. Butter is back!
10% I've been following a low-fat diet for life.

990 RESPONDENTS

Answer our poll every Friday at metronews.ca

Freedom of assembly isn't just about parties

CITY HOLLER
Trish Kelly

It's probably best not to say there's only four more sleeps until Friday's unsanctioned Commercial Drive Street Party, because for some, those nights may be sleepless. The event, organized by a group working under the banner of Vancity Mayday, has more than 4,600 RSVPs on Facebook, and not one person to hold accountable if things go south.

Vancity Mayday posts claim they won't pay for permits or policing services, and that's got the Vancouver Police Department riled. Event organizers say this is about freedom of assembly. Event permits are expensive and there's no guarantee you'll even be approved.

So last week the police issued a warning to those considering attending the party, cautioning it's not family-friendly, nor do they feel the organizers are committed to the safety of attendees.

Until the VPD's tantalizing announcement, the event's publicity had only been a Facebook page and some posters on lamp posts. A further indication of less-than-stellar PR efforts is the GoFundMe fundraising web page for the event. In 15 days, zero donors have given zero dollars towards the $200 fundraising goal.

Whether the police are really worried about the event's safety, or just the precedent the do-it-yourself festival sets if they don't go through proper channels, I have some concerns. As the owner of a small bladder, I worry about where a couple of thousand people are going to do their business. I also worry the VPD's additional publicity will make this event a destination for anti-authoritarian boneheads. But my biggest concern is about the limited impact this event can actually have on the issue of our freedom of assembly.

Even if we see the best-case scenario: The event goes off without a hitch, people pee in appropriate facilities, no one punches anyone else and police keep their pepper spray in their holsters, we won't be any closer to protecting our freedom of assembly.

If we want to preserve that right, we need politicians to repeal Bill C-51, the Conservative government's anti-terrorism bill. It received royal assent in June, and made our rights to freedom of assembly and protest the proverbial babies tossed out with the bathwater.

There is an election on Oct. 19. If we continue to elect politicians who ram through legislation like Bill C-51 at the expense of our charter rights, then permit costs and porta-potties are the least of our worries.

If we continue to elect politicians who ram through legislation like Bill C-51... permit costs are the least of our worries.

If you go to the Commercial Drive Street Party on Friday, try not to be a jerk. Try to think about others more than yourself. Don't pee in anyone's backyard. And when you're on a well-deserved dance break, use your smartphone to visit elections.ca and ensure you're registered to vote.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

ROSEMARY WESTWOOD
metroview

Why we resist and deny facts that don't match our beliefs

There are ideas, there are opinions, and there are harder-held beliefs.

And once a person gets hold of a few of these, it sometimes seems, they'll never let them go. As if there's no way to change a mind, and little interest in changing your own.

When I worked at a student newspaper, I had a conservative editor-in-chief. He was the first conservative I'd ever, knowingly, met.

Universities are hotbeds of liberalism, their newspapers among the most overtly political press in the country. He, you can imagine, was an outlier.

And yet we had some of the most interesting debates I've been party to. He made me think more clearly through his questions. He was far less dogmatic than the rest of us, far more curious, far less self-righteous.

Writing a column should be fodder for a good debate. I've considered an issue, tried to figure out what I think, and why. I've tried to prod others to do the same. Making people angry might get clicks, but making people think is surely a better goal.

And yet sometimes I fear it's impossible. I fear we argue, and mistakenly romanticize it as debate.

I'm not sure that anyone who wants to debate my column with me ever really tried to understand me in the first place. And thus, I'm not sure I care to understand them.

I doubt anyone who likes a column likes it because I made them think differently. I more likely gave words to what they already believed.

What can really change a person's mind? Or can anything?

A 2014 New Yorker piece explored the research behind false beliefs — opinions held despite overwhelming evidence to the contrary — and whether people who hold them can be convinced otherwise. It seems that "If information doesn't square with someone's prior beliefs, he discards the beliefs if they're weak and discards the information if the beliefs are strong."

In other words, if you challenge something I hold dear, I'm far less likely to accept your argument, no matter how irrefutable it may be.

Researchers did find a hopeful loophole: If you make someone feel safe, if you don't appear to fundamentally threaten who they are, they more easily shed false beliefs.

I would add that changing minds — the purpose of debate — is impossible if you value thinking you're right over being right.

So maybe I should be asking for your effort to understand me, if you can muster it. Even on my angriest of days, I'd rather be wrong than ignorant.

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PHILOSOPHER CAT
by Jason Logan

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Your essential daily news
Straight Outta Compton smashed expectations, earning $56.1 million

Backyard fun: Quiet the dilemma

NEIGHBOURS

Complaints escalate the situation, so try having a conversation

Honsberger has received two noise complaints regarding her three children, ages 11, nine and seven, for being too loud in their backyard swimming pool. She says they are only home from about 4 to 6 p.m. each night to swim. SABRINA BYRNES/TORONTO STAR

Many would consider the sound of kids gleefully playing outdoors a natural soundtrack of the summer.

But one family in Pickering, Ont., located east of Toronto, was told the sound of their kids splashing in their backyard pool was deemed unreasonably disruptive by a neighbour.

On the very first day of summer vacation, Danielle Honsberger said she received a card from the municipality concerning a neighbour's noise complaint. It was later followed by a formal written notice.

"We didn't even know that we had offended anybody, and if they had spoken directly to us, we could have avoided this whole situation," said Honsberger, a mother of three children, aged seven, nine and 11.

"I would have been embarrassed and very respectful and been on the noise right away — but they never gave us that opportunity.

"I am a parent who is very present and very mindful of how we are heard in the community."

Across the country, municipalities are frequently forced to intervene when residents file complaints about noise disrupting their peace and quiet.

In Ottawa, officials say a total of 6,152 noise-related complaints were filed to the city between the beginning of the year and Aug. 11, with just under half related to loud music and about 1,500 loud shouting.

In 2013, Saskatoon received 1,694 noise complaints and 1,268 complaints specifically about noisy parties.

While statistics were not available, Winnipeg officials said most noise complaints in that city are typically about the roar of construction machinery and neighbours' air conditioners.

Susan Logan, executive director of the non-profit Mediation & Restorative Justice Centre in Edmonton, said neighbour disputes represent the largest percentage of their caseload.

Issues arise all year long, from complaints over placing snow on a neighbour's lawn — or simply not shovelling — to overgrown trees, she said. Complainants are encouraged to approach their neighbour about their annoyances rather than leaving the task to an outsider.

"If you got a letter in the mail that said: 'One of your neighbours has an issue and would you like to call us so that we can talk about it,' you're going to be defensive right (from) the beginning," Logan said. "We're trying as much as possible to set a stage from the very beginning that's a stage of collaboration."

Eva Malisius, program head of conflict analysis and management programs at Royal Roads University in Victoria, B.C. said the first step towards resolving a dispute over noise should involve telling a neighbour directly how they've been affected by the disruption.

"Just having that opportunity to hear the other side, usually, neighbours are very open to that. If you do file a complaint, that already escalates it," Malisius said.

Failing that, many communities offer mediation services with a neutral third party offering help, she noted. If all of those steps don't lead to success, then a formal complaint can be an option.

Mediators generally don't try to convince either neighbour that they're right or wrong, Logan said. Instead, they focus on having each side reflect on the situation and determine whether they'd like to address the issue further.

"We try to move people from a position on something — so 'You have to cut the tree' — to a position of 'Why would cutting the tree be of value?' And: 'Is there an alternative to cutting the tree?" Logan said.

Kim Thompson, manager of Pickering's bylaw enforcement services, confirmed that an official complaint has been filed about the Honsberger family but wouldn't go into details. She said no charges have been laid.

"In general, if there's a noise complaint during daytime hours, the complainant has to indicate that they can hear the noise when they're inside their house with all the doors and windows shut," Thompson said.

Honsberger said she hasn't heard anything further from the city or the complaining neighbour, and maintains that the family have and will continue to use their backyard in a "respectful manner." THE CANADIAN PRESS

SOUND OFF

What's that sound

Vancouver has received its share of unique complaints. Among them:

- Church choir singing too loudly
- A bird chirping too loudly (complainant thought it was a rogue crossing guard)
- School band rehearsing in the school gymnasium with the door open
- Badminton tournament in the school gym with door open

THE CANADIAN PRESS

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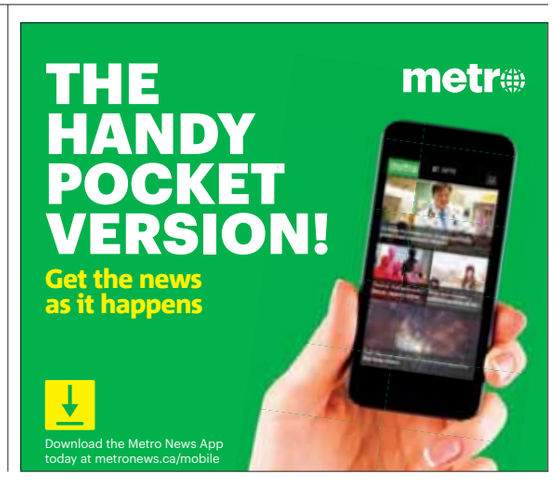

UBREW co-founders Wilf Horsfall, left, and Matthew Denham salute the home brew trend in England; closer to home, there are plenty of ways to make your own pint of beer. GETTY IMAGES

Hops to it: Brew your own to save

FRUGAL FERMENTATION

Why craft beer at home? It's cheaper than bottled water

I have often said that if beer is an acquired taste, then you might as well acquire a taste for cheap beer.

Many brew aficionados would disagree with my assessment of adult beverage choice, claiming instead that something as precious as a lager, stout or ale should be savoured as a delicacy and that intense scrutiny should accompany every sudsy indulgence.

Luckily there is a solution that can satisfy both my quest for fermented frugality and the pristine palate of beer connoisseurs: brewing your own hops-filled masterpiece.

A five-gallon beer kit can be purchased for about $30, depending on the recipe you want to brew. Add another $10 for yeast and bottle caps, and the input costs will run you around $40. Five gallons is roughly equivalent to fifty-three bottles of beer. This gives us a per-beer cost of about 75 cents — that's cheaper than bottled water!

In much of Canada, even the cheapest discount beers cost $1.40 per 341 ml serving. The "middle class" of beers such as Labatt Blue or Molson Canadian, often come in around $1.60. This is of course assuming you're purchasing your poison of choice at a vendor and not in a bar or restaurant — where of course the per-serving cost skyrockets.

If we assume that the average beer-drinking Canadian consumes a 12-pack in an average week, and that they prefer a popular domestic vintage, the weekly cost would be $19.20 or just under $1,000 annually. Self-brewing by comparison could net you the same amount of beer (at a higher alcoholic content if that's what you're into) for $9 a week, or $468 over the course of a year. That's an annual savings of roughly $532 — not counting any drinks you save yourself from purchasing in a bar or club.

There are some initial start-up costs and depending on how fancy you want to get, they can range from 50 bucks to more than $200. As always, looking around online or checking out some used equipment can save you some hard-earned cash. Often you can find brewing kits that have barely been taken out of the box when looking online, and as a one-time cost, it's definitely worth it if you use the kit for a couple of years.

There is no telling how much your own time vs. beer crafting enjoyment value ratio will play into our brewing equation. I know some people who love making their own beer so much that they would pay a premium do so, while others see it as a little hobby that can help them stretch their entertainment budget. Take pride in your brewmaster skills and enjoy one for me this summer, Canada!

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APP REVIEWS KRIS ABEL'S DIGITAL PICKS FOR THE WEEK

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CREATIVITY

Colorfy

•iPhone/iPad
• Free
This free collection of colouring books for adults offers illustrations of animals, florals, and famous paintings. Zoom in and fill between the lines with simple taps. There's an undo tool and options to share your works online.

GAME

Zombi

• Xbox One/PS4/PC
• Rated: Mature 17+
That your dead self joins the zombies when you fail is certainly worth a smile in an otherwise claustrophobic nightmare that often feels overwhelming. There are no bullets, which some will find to be a restrictive, fun challenge; others less so.

FITNESS

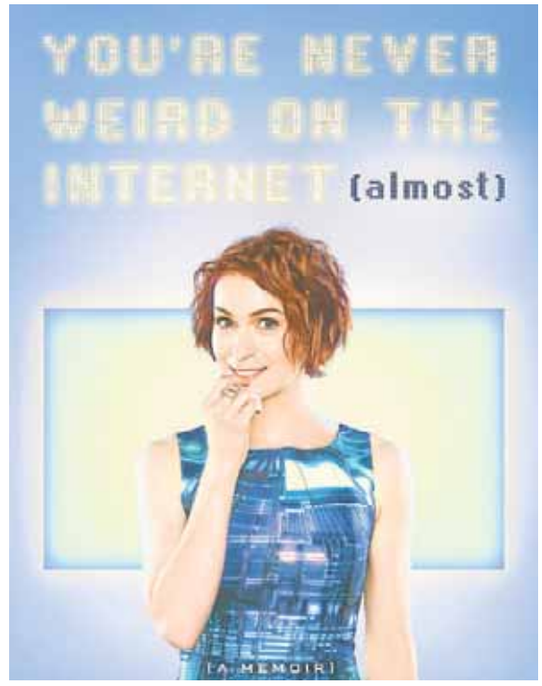
Runner's World Go

• iPhone
• Free
Combining magazine articles with a GPS tracker that records distance, pace, and time, Go also taps into AccuWeather forecasts for the novel addition of workout clothing recommendations.

COOKING

PopSugar Moms – Back To School Edition

• iPhone/iPad
• Free
This diverse recipe collection offers easy lunches, healthy snacks, and meals kids can help with. The slideshow lists are disappointing, even with the great photos, but the video tutorials make up for them.



EBOOK

You're Never Weird On The Internet

• Kindle/iBooks/Kobo
Adept at being both witty and silly, Felicia Day relates the unexpected turns she's taken to have a career in web culture, something she insists you have to be an oddball for. It's a weird autobiography, yes, but an insightful one.

The Fair At the PNE

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PLAY TO YOUR STRENGTHS

Be happier on the job in 3 easy steps

Here's a fact that will surprise no one who has ever worked in an office: 50 per cent of people are unhappy in their job.

"Workplaces are really good at inducing stress and anxiety and fear and worry," says workplace well-being expert Michelle McQuaid. "They're not so good in bringing out the best in people."

That's why she's launching the global One-Week Strengths Habit Challenge starting Aug. 17. Just follow these three steps and you'll be on your way to kicking butt at your job and loving it.

1 Identify your strengths

When asked to list their top five strengths, most people have no idea what they're good at or what their best qualities are.

Fortunately there are lots of free strength-assessment tools online, such as the VIA Survey (viacharacter.org).

"It only takes 10 minutes, and it identifies your character strengths — so things like curiosity, humour, kindness, gratitude," McQuaid says.

2 Figure out how you already use your strengths

Once you nail down your top strengths, ask yourself how you're already using them.

"Think about the last time you were engaged and energized and enjoying your work," says McQuaid.

"Those are the moments you're using your strengths — that's why we feel good about them. By looking at those moments you can start to identify, 'So that's how my curiosity is being used in this role,' or, 'That's how I use kindness effectively at work.' And as you start to spot those, it becomes possible to think about how you can do a little bit more of that each day."

3 Develop a habit

The final step: Consciously use that strength. Every. Single. Day. McQuaid says that she's very curious, so when she was beginning to feel restless in her role as a global brand director, she decided to utilize her hunger for information by reading one new thing a day when she first got into the office.

"Ten minutes is perfect to develop a positive habit, because it's excuse-proof — it's nothing. And you don't need anyone's permission — you don't need to change your job description to do it. You just need to be willing to stick with it."

Spending 10 minutes honing your own strengths at work will not only improve your attitude — it might land you a promotion.

"Do more of what you do best each day, and the other people around you can see the potential of what you have to offer as you go about your job," says McQuaid. "And in my experience that starts to open different opportunities for you as time goes by."

RAQUEL LANERI/METRO NEW YORK

Smile all work week long by making a simple change. ISTOCK

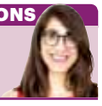
By slowing down and asking thoughtful questions, you can turn negative feedback into a productive conversation. ISTOCK

Stay calm and learn from work critiques

CONSTRUCTIVE FEEDBACK

Take criticism in stride and you'll likely face less of it

OFFICE RELATIONS



Eleni Deacon

It's hard enough to take a compliment — but taking critiques can verge on intolerable. Even if it's just one so-so remark on an otherwise glittering performance review, less-than-fuzzy words can still sting. Some of us get defensive; some prefer outright denial. These dodges, however, don't help you improve. The purpose of constructive feedback is to steer employees toward better behaviour — so they won't need as much guidance in the future. Want to hear less criticism? Get better at absorbing it.

When you feel burned, it's tempting to scorch back. Arguments, eye-rolls, angry silence: These are all common — and understandable — responses to negative commentary. But while retaliating is satisfying, it won't boost your standing in the eyes of your evaluator. Whether you're being addressed during a planned meeting or an on-the-fly chat, take a moment before you react. Listen to the criticism — not your pounding heart or the voices in your head formulating a slew of sarcastic rebuttals. By maintaining neutrality, you demonstrate that you have the maturity to self-assess.

As you're hearing the case, weigh its accuracy. Is there validity to the claims? This is the really tough part: recognizing when a bad grade is deserved. Rather than simply agreeing with what's being said, request clarification regarding what went wrong and how it can be corrected. Many managers are just as uncomfortable giving unfavourable feedback as those receiving it, and may want to rush the process. But by calming down, slowing down, and asking thoughtful questions, you can both leave the conversation with concrete ideas for how to move forward.

> **The really tough part: recognizing when a bad grade is deserved.**

This doesn't mean you must cheerfully agree when a critique is unfair or untrue. If you believe your low score isn't merited, explain the circumstances but avoid excuses. Acknowledge the bumps in your output — "I agree that project was not as polished as it could have been" — then outline the reasons for your lapse — "At the time I was juggling four clients and had no choice but to prioritize." By recognizing your own slip-ups, you can articulate the backstory without looking like you're trying to skirt blame.

Just as important as accepting pointers: putting them into motion. Post-discussion, prove your receptiveness by proactively targeting your professional weak points. Everyone has areas that need tweaking, and while it may be hard to hear about them, they shouldn't rouse shame. Be gracious during your dialogue, and follow up with prompt, visible action. Then at least when comes to weathering criticism, you'll get an A+.

WOMEN TO WATCH IN 2015

Self-made and richer than me and you

Forbes, the leader in decimating your self-esteem, has a new list of people who are better than you.

This time around it's the "8 self-made women to look out for in 2015."

On top of the list is our friend Jessica Alba, who Forbes reports owns up to 20 per cent of The Honest Company, which "saw revenues grow from $10 million 2012 to $150 million in 2014."

Alba's company however has recently found itself in hot water, when customers began to complain that the natural sunscreen the company sells doesn't work.

Up next on the list? Oscar-winning actress Sandra Bullock. According to Forbes, Bullock found herself on the list because of her successful production company Fortis Films, her Oscar noms and wins, her huge paycheques and because she owns two restaurants in Texas. MATTHEW LEE/METRO IN NYC

THE EIGHT GREATS

1) Jessica Alba — Actress and entrepreneur

2) Sandra Bullock — Actress, producer, entrepreneur

3) Cindy Monroe — Entrepreneur

4) Taylor Swift — Musician

5) Natalie Massenet — Journalist and entrepreneur

6) Lynn Jurich — Entrepreneur

7) Lisa Falzone — Entrepreneur

8) Angela Ahrendts — Businesswoman

Jessica Alba tops Forbes' list of self-made women. GETTY IMAGES

metro SPORTS

Top- seeded American twins the Bryans win the Rogers Cup doubles title in Montreal

Monday, August 17, 2015

IN BRIEF

Brewers prospect first openly gay active player

A Milwaukee Brewers minor leaguer has become the first openly gay player on a team affiliated with Major League Baseball.

David Denson, with the help of former major leaguer Billy Bean, reached out to the Milwaukee Journal Sentinel to tell his story.

The 20-year-old first baseman plays for the Helena Brewers in the rookie Pioneer League. Bean, MLB's first Ambassador for Inclusion, disclosed he is gay after his playing career.

"Talking with my teammates, they gave me the confidence I needed, coming out to them," Denson told the newspaper. "They said, 'You're still our teammate. You're still our brother. We kind of had an idea, but your sexuality has nothing to do with your ability. You're still a ballplayer at the end of the day. We don't treat you any different. We've got your back.'

"That was a giant relief for me," he added. "I never wanted to feel like I was forcing it on them. It just happened. The outcome was amazing."

On Sunday, the Brewers lauded Denson as a "highly respected member" of their family and "a very courageous young man."

"Our goal for David is to help develop him into a major league player, just as it is for any player in our system, and we will continue to support him in every way as he chases that dream."

THE ASSOCIATED PRESS

Elimimian injury salt in wound after heavy loss

CFL

Star linebacker out for six games after Tiger-Cats rout

Cam Tucker
Metro | Vancouver

Lions' Solomon Elimimian is nursing a torn Achilles tendon. FRED T DEREK LEUNG/GETTY IMAGES

The loss on the scoreboard was bad enough for the B.C. Lions.

But on Sunday, less than 24 hours after getting blown out on the road by the Hamilton Tiger-Cats, the Leos announced linebacker and reigning most outstanding player Solomon Elimimian suffered a torn Achilles tendon in the second half of Saturday's embarrassing 52-22 defeat and will be put on the six-game injured list.

Elimimian, in his sixth season with the Leos, will undergo a procedure to repair the injury later this week, according to a statement released by the club.

It's a crushing blow for the Lions, who now lose one-half of their vaunted and hard-hitting linebacking duo that includes Adam Bighill. Elimimian is not only the league's outstanding player for last season, but he was also named the top defensive player as well, after a record-breaking year for tackles recorded.

3-4

The B.C. Lions' win-loss record this season.
METRO

It seemed the Lions were building on something after shutting out the Edmonton Eskimos for the entire second half in a comeback win in Week Seven. But whatever momentum they had on their side going into this weekend was completely snuffed out by the Tiger-Cats.

The Lions conceded 31 points in the opening half. It was ugly, but it would get uglier.

By the end of the third quarter, the Leos had scored only 12 points to Hamilton's 51. The game had essentially been over for a while, but by this point, the host Tiger-Cats were simply piling on.

Quarterback Travis Lulay tossed two interceptions, including one that was returned the other way for a Hamilton touchdown, before giving way to back-up John Beck late in the third quarter.

Running back Andrew Harris, who had been the catalyst for the Lions on offence with back-to-back games of 100 yards or more rushing the football, committed a pair of fumbles, including one that was returned for Hamilton's first major score of the game on defence in the opening quarter.

And for all the progress the Lions made on defence versus Edmonton, they had no answer for quarterback Zach Collaros and the Hamilton offence.

The loss bumps the Lions' record to 3-4. They host the Montreal Alouettes at BC Place Stadium on Thursday.

MLS

Coach blames officiating for Whitecaps loss

Maybe Carl Robinson just needed to vent.

Moments after his Vancouver Whitecaps lost 4-3 to Sporting Kansas City, conceding the deciding goal late in stoppage time and letting slip a pair of two-goal second-half leads in the process, the sophomore head coach went off on the officiating in Saturday's compelling regular season match.

"It's about a number of decisions today. Great environment, great place to play, good fans here, unbeaten at home, fantastic," Robinson told reporters, of the officiating, headed by referee Juan Guzman in this case.

"But it can and it needs to be managed and handled by the correct person. Tonight it wasn't. There's so many decisions I'm super frustrated about."

> **There's so many decisions I'm super frustrated about.**
> Carl Robinson

Robinson lauded Sporting KC for its roaring comeback, which included four goals in the second half, three of which came after the 80th minute.

That's the second time in a week the Whitecaps squandered a late two-goal lead on the road and had to settle for either a draw — as was the case in the opening leg of the Amway Canadian Championship versus the Montreal Impact — or a loss.

But, for Robinson, it all came back to officiating on Saturday, in a battle of the now second-place Whitecaps and third-place Sporting KC.

"Big games need big people to handle them," said Robinson.

"I'm usually very calm and I'm calm today. I'm just disappointed for the group in there because I've got 18 guys, 23 guys who have put so much work in and I feel it's been taken away from us."

CAM TUCKER/METRO

Head coach Carl Robinson of the Vancouver Whitecaps
JEFF VINNICK/GETTY IMAGES

BPL

City trounces Chelsea

In the season's first heavyweight showdown, Chelsea was beaten 3-0 by Manchester City on Sunday that could have a lasting psychological effect among the two title favourites.

Sergio Aguero scored a stunning individual strike in the first half before Vincent Kompany and Fernandinho added further goals, as City displayed the kind of attacking swagger that took them to the title in 2014.

THE ASSOCIATED PRESS

Parapan Am Games about more than medal counts

PARAPAN 2015

Athletic successes inspire youth

Stephanie Dixon remembers returning home from the 2000 Paralympics in Sydney, and being unable to celebrate her successes with anyone.

Nobody knew what Paralympic sport was.

"Here, after having these Parapan American Games in Toronto, I know that none of our athletes will ever have to put their heads down coming home from competition," said Dixon, a former Paralympic swimmer and the assistant chef de mission of Canada's team in Toronto.

"They'll be able to raise their heads up high and be proud of their accomplishments. All of our athletes are being put in a position of being a role model and a hero in our country. "And that just makes me so proud."

Canada set a target of finishing top-three in medals at the Parapan American Games, that wrapped up Saturday. Mission accomplished. The team went one better, finishing second with 168 medals — 50 gold, 63 silver and 55 bronze. Brazil finished atop the table with 257 medals (109-74-74), while the United States was third with 135 medals.

But the victory of these Games wasn't just about medals won, but about the fans won over along the way. The victory was in the jam-packed crowd that watched Canada's wheelchair rugby team beat the U.S. for gold, and a similarly large and noisy crowd that cheered on Canada's wheelchair basketball teams, which both came away with silver.

"Who's to say that a young child living with an impairment hasn't been inspired by what they've seen on TV and decided to take up para-sports?" said Craig Spence, communications director for the International Paralympic Committee. "You'll see next year in Rio a whole host of young British athletes who were inspired by the 2012 London Paralympic Games, and I think you'll see a similar situation here, Canadians who've been inspired by the performances of Aurelie Rivard will be wanting to compete.

"These Games will leave many legacies, but you don't judge them by the end of play tonight, but over the next 10 or 15 years."

These were the largest Parapan Am Games in history, with 1,600 athletes competing.

Canada fielded its largest-ever team of 216 athletes, and the results showed. Among the highlights: Rivard, a 19-year-old from Saint-Jean-sur-Richelieu, Que., won six gold medals in swimming, and set a world record.

THE CANADIAN PRESS

A collection of athletes watch a fireworks display at City Hall in Toronto during the closing ceremonies. DARREN CALABRESE/THE CANADIAN PRESS

Athletes from champion Brazil arrive for the festivities.
DARREN CALABRESE/THE CANADIAN PRESS

MEDAL COUNT

With the dust settled on the Parapan Am Games, Brazil finished atop the standings with 257 medals, while Canada finished second with 168 medals. Here is how the top five broke down.

Brazil: 109 (G), 74(S), 74 (B)
Canada: 50(G) 63(S) 55 (B)
U.S.: 40 (G) 51 (S) 44 (B)
Mexico: 38 (G) 36 (S) 39 (B)
Colombia: 24 (G) 36 (S) 30 (B)

PGA CHAMPIONSHIP

Jason has his Day

Jason Day led wire-to-wire Sunday at Whistling Straits to close out a record-setting PGA Championship and capture his first major title.

The 27-year-old Australian finished at 20-under 268 to beat Jordan Spieth by three shots. Day is the first player to finish at 20-under in a major.

Day shot 5-under 67, and never let Spieth get closer than two shots. Branden Grace finished third and Justin Rose was fourth.

This was Day's 10th top-10 finish at a major. His first came here, in Wisconsin, at the 2010 PGA.

He was tearing up as he waited to hit the tap-in putt that would seal the victory. He did it, then raised both fists and buried his face in his caddie's shoulder. His son, Dash, ran to the 18th green to celebrate and Day carried him off the green. Soon, he'll cradle the Wanamaker Trophy.

THE ASSOCIATED PRESS

LPGA

Canuck teen Henderson wins Portland Classic

Brooke Henderson, 17, won the Cambia Portland Classic by eight strokes Sunday to become the third-youngest champion in LPGA Tour history. The Canadian from Smiths Falls, Ont., closed with a 3-under 69 at Columbia Edgewater to finish at 21-under 267.

THE ASSOCIATED PRESS

MLB

Blue Jays swing past the Yankees

Thanks to a little luck and a lot of good pitching, the Toronto Blue Jays staved off a sweep at the hands of the New York Yankees.

Drew Hutchison turned in his second straight strong start, and the top of the lineup made the most of a ball getting lost in the sun as the Blue Jays beat the Yankees 3-1 Sunday afternoon at Rogers Centre.

Toronto cut New York's lead in the American League East back down to a half-game with seven games left between the division rivals.

In 6-2/3 innings, Hutchison allowed just four base-runners on three hits, including a solo home run. The much-maligned right-hander with a 5-plus earned-run average struck out five to become the 14th pitcher in the majors to hit 12 victories this season.

Hutchison left to a rousing standing ovation from the sell-out crowd of 46,792. Relievers Brett Cecil, Aaron Sanchez and Robert Osuna finished the Yankees (64-52) off to make the Blue Jays (65-54) 15-3 since making a flurry of trades in late July.

THE CANADIAN PRESS

Drew Hutchison
FRED THORNHILL/THE CANADIAN PRESS

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RECIPE Lemon Pasta Vegetable Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

A perfect chilled or room temperature pasta salad that is great as a main meal or side. **Serves 4.**

Ready in
Prep time: 15 minutes
Cook time: 8 minutes

Ingredients
- 8 oz rotini (preferably whole wheat)
- 2 cups sugar snap peas
- 2 cups grape tomatoes, sliced in half
- 3 oz crumbled feta cheese
- 3 Tbsp fresh chopped dill
Dressing
- 3 Tbsp olive oil
- 3 Tbsp lemon juice
- 1 Tbsp Dijon mustard
- 1/2 tsp minced garlic
- Salt and pepper

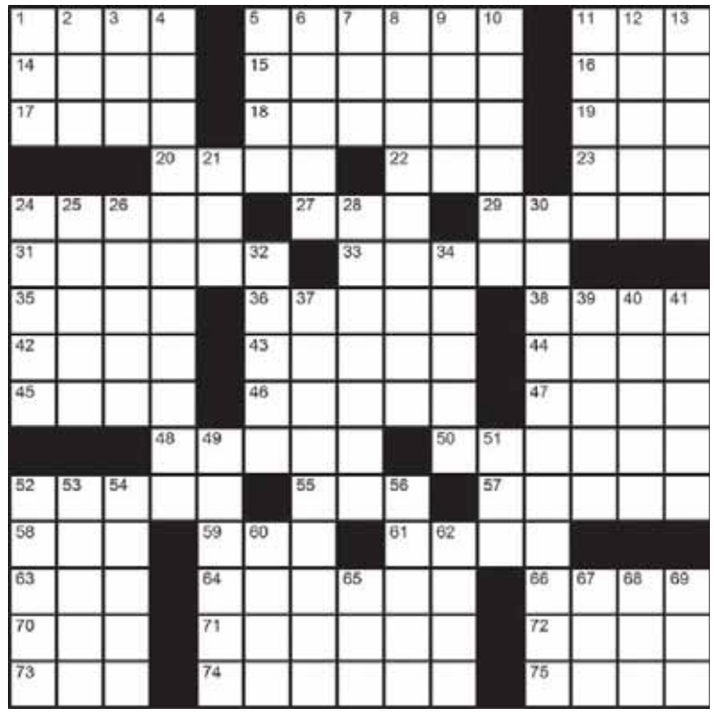
Directions
1. Cook pasta in boiling water according to package directions. In last two minutes, add snap peas and cook just until crisp. Drain, saving 1/4 cup of the pasta water. Rinse pasta with cold water until pasta and peas are no longer warm. Add to serving bowl along with reserved water, tomatoes, feta and dill.
2. Add ingredients for dressing and mix well.

Nutrition per serving
- Calories 370
- Protein 12 g
- Carbohydrates 47 g
- Fibre 6 g
- Total fat 15 g
- Saturated fat 3.5 g
- Cholesterol 5 mg
- Sodium 400 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Fly _ Home" (1996)
5. Security system device
11. Corn throwaway
14. Health club offering using mats
15. Montreal 'star'
16. 'Select' suffix
17. Birthers of baby baa-ers
18. Aerobics moves
19. Canadian train name
20. Jewellery material
22. Red significance on a tap
23. Sign-off
24. Cleanse thoroughly
27. Ouest's opposite
29. Rob of "Melrose Place"
31. "Sex and the City" character
33. Overthrow
35. Wipes
36. Bearded, as wheat
38. Sales slips, shortly
42. Like/seemingly: 2 wds.
43. Wounded by a bull
44. "Dies _": Latin hymn meaning 'Day of Wrath'
45. Ms. Wilson of "La Femme Nikita"
46. France's longest river
47. Not yet final, at law
48. Marsh plants
50. _ Thesaurus (Popular book of synonyms)
52. There's one appearing in "I, Robot" (2004)
55. Body of water
57. Mr. Zimbalist Jr.
58. Tic-Tac-Toe losing row
59. Groove
61. iPhone's voice-activated helper
63. English _.
64. Exhibits buoyancy
66. Colossal
70. Dutch city
71. Remove one's identity badge, perhaps
72. Peru's capital
73. Poivre's pal
74. Paula Abdul once cheered for them
75. Companies: Marketing or Accounting, e.g.

DOWN
1. Nautically nae-not
2. "Impressive!"
3. Ripen
4. Bit of #37-Down: "I'm going on down to _ _ / I'm going to join in a rock 'n' roll band..."
5. Hawk
6. Musical piece for Chopin
7. _ sequitur
8. Tourist
9. Margarine
10. One taking a break
11. Spotted cat-like mammal
12. Pertaining to sheep
13. Necklace bits
21. "Either he goes _ _ go!"
24. Abandon
25. Reason
26. William _ (British remixer/producer)
28. Break of day
30. Buffalo _ (Pre-CSNY group)
32. Bald _ (North American bird)
34. Bovid bag
37. Joni Mitchell song covered by CSNY about the same-named 1969 music festival
39. Town _ (News-giver of yore)
40. Flavour
41. Earthquake
49. Bawling out
51. "Whistle _ the Lave O't": Song by Scottish poet Robert Burns
52. _ Notes (Literature aids)
53. Rusty stuff, Iron _
54. Traveller's lodging
56. Awakened
60. Forearm bone
62. Web connectors, commonly
65. Ginger beverage
67. "American _" (1999)
68. Little devil
69. Meower

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
It's no big deal if you feel a bit left out. You are sending out signals to those around you that you don't want to be bothered too much and friends and colleagues are simply respecting your unspoken wishes.

Taurus April 21 - May 21
You will be put to the test and pass with flying colors. No matter how big the challenge you are big enough to meet it. You were born to lead and you were born to succeed.

Gemini May 22 - June 21
Some intense cosmic activity will encourage you to deal with events you usually avoid. Chances are you will deal with them so well, you'll wonder what all the fuss was about.

Cancer June 22 - July 23
The planets promise success and riches beyond your wildest dreams. Okay, so maybe it won't be quite that spectacular but it will be worth having. Don't get carried away though. What took so much effort to acquire won't take much effort to lose.

Leo July 24 - Aug. 23
A feud that has taken up too much time and energy must be resolved. Today's planetary set-up will give you the courage to make changes. Hopefully others will accept them.

Virgo Aug. 24 - Sept. 23
You like to be in control but that may not be possible today. If you are smart you will let others take the wheel. Yes, you will enjoy the ride.

Libra Sept. 24 - Oct. 23
You need to scale down your ambitions a bit. Don't think of it as giving up things you like, think of it as making more room for things you love.

Scorpio Oct. 24 - Nov. 22
If your private life is in a bit of a mess then now is the time to sort it out. The planets will help you make necessary changes but you have got to be honest with those you love. Don't just tell them what they want to hear.

Sagittarius Nov. 23 - Dec. 21
For some strange reason you seem to believe that you are not really good enough to compete at the highest level, but nothing could be further from the truth. You have so much talent at your disposal.

Capricorn Dec. 22 - Jan. 20
So many things are changing but the long-term results will be favourable. A week or so from now you will have a much more positive view of what is going on.

Aquarius Jan. 21 - Feb. 19
Do everything in your power to get along with partners, colleagues and employers. You must to be willing to compromise, even if it means you get slightly less while they get more.

Pisces Feb. 20 - March 20
Personal matters are causing you a lot of concern and things are likely to come to a head when the Sun links with Saturn at the end of the week. Between now and then be good to yourself and get plenty of rest.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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